



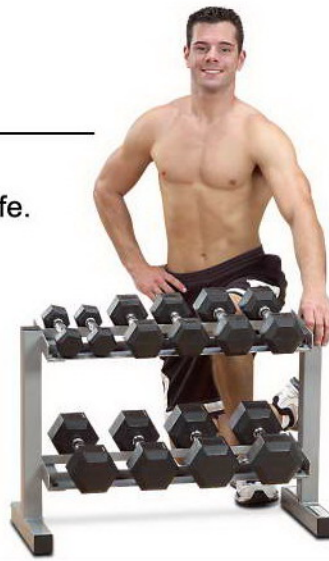
POWERLINE USA
Body-Solid

JOONG CHENN

PDR-282X Powerline Dumbbell Rack

Key Features:

- Keep your workout area clean, organized and safe.
- Holds one pair each of 5-30 Lb. dumbbells.
- Dumbbells sold separately.
- Dimensions: 22" H x 32" L x 14" W.



PAB-139X Ab Board

Key Features:

- Isolating the entire abdominal region.
- Oversize 8" Foam Rollers for comfort and stability.
- Electro-statically applied powdercoat finish.
- Dimensions: 25"H x 39"L x 17"W



PPB-32X Preacher Curl Bench

Key Features:

- 300 lb. weight capacity.
- Adjustable seat and extra-wide, stable design.
- Perfect isolation to hammer your biceps.
- Curl Bar, Weights and collars optional.
- Assembled Dimensions: 37"H x 33"L x 36"W.

PAB-21X Ab Crunch Board

Key Features:

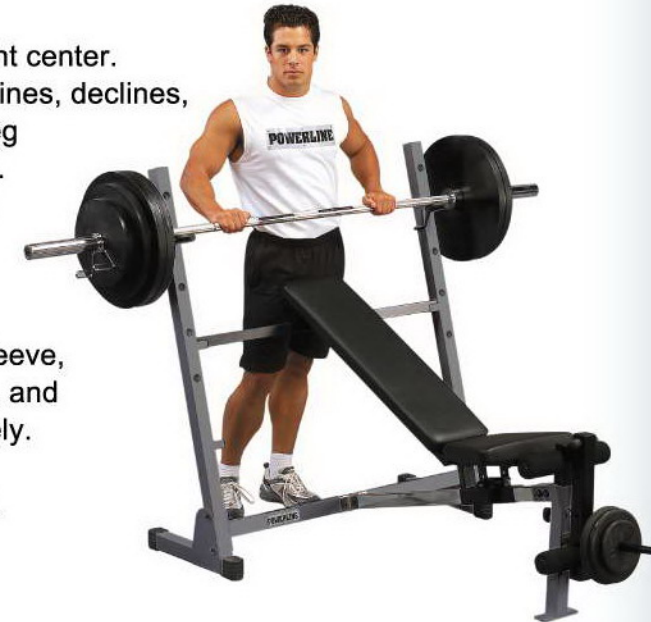
- Excellent for tricep extensions.
- Twice the muscles in half the time.
- Adjustable back pad for all size users.
- Curved back pad allows more intense abdominal contraction.
- Extra-wide, sealed ball bearing pulley for oblique workouts as well.
- Compatible to both Olympic and 1" Standard plates.
- Dimensions: 39"L x 18"W x 25"H.



POB-44X Power Master Bench

Key Features:

- All-in-one free weight center.
- Bench Presses, inclines, declines, shoulder presses, leg extensions, leg curls.
- Suitable for all-size users.
- Weight post is 1" diameter.
- Olympic Adapter Sleeve, bars, weight plates, and collar sold separately.
- Dimensions: 51"H x 70"L x 45"W.



PSM-144XS



- #PSM-144XS includes:
- A. #PSM144X: Smith Machine.
 - B. #PFID130X: Flat/Incline / Decline Bench.
 - C. #SP150: 150 lb. Weight Stack.
 - D. #PPA13X: Pec Station.
 - E. #PPCA11X: Preacher Curl Station.
 - F. #PLDA11X: Leg Developer Station.
 - G. #PLA144X Lat Pull-down Station.



PSM144X



PSM144X with
PFID130X

- Weight Plates and collars sold separately.
- Olympic Adapter Sleeves #OAS 14 sold separately.

PCCO-90X Cable Crossover Machine

- Features:
- Large pulleys providing maximum cable life and smooth operation.
 - Carriage system travels on nylon bushings with four high resin pulleys on each side.
 - Accepts both Olympic and standard plates.
 - Includes two cable handles and one ankle strap.
 - Assembled Dimensions:
82"H x 112"L x 39"W.



Optional Attachment:



#GCA2 - Chin-Up Handles



Pull-Down



Leg
Kickback



Tricep
Extension



Incline Fly

PCH-24X Roman Chair / Back Hyperextension

Key Features:

- Trains abdominal, back, glutes and hams much more efficiently.
- Extra-wide steady safe base.
- Electro-statically applied powder coat finish.
- Assembled Dimensions:
36"H x 46"L x 25"W.



Sit-ups



PLM-180X Lat Machine

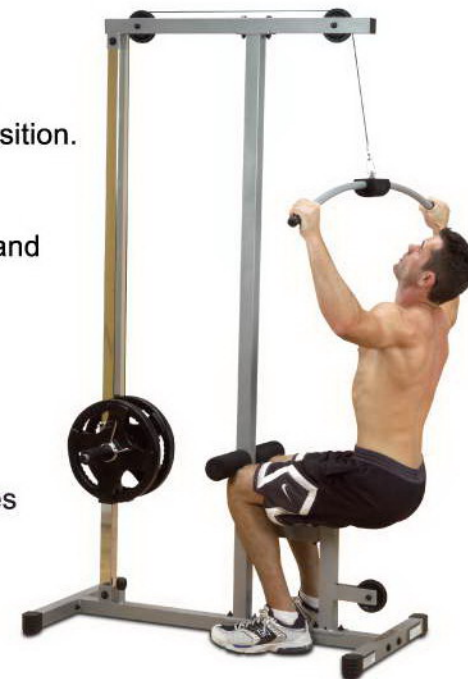
Key Features:

- 500 lb. weight capacity.
- Lat Bar and Low Row Bar included.
- Dual 8" foam rollers to hold you in position.
- Lat Pull Down, Triceps Press Down.
- Seated Row, Upright Row.
- Weight post is 1" dia. Weight Plates and collar optional.
- Assembled Dimensions:
80"H x 48"L x 25"W.

Optional Attachment:



#OAS-8 or #OAS-14
Olympic Adaptor Sleeves
(8" or 14" long)
(adapts 1" diameter to
50mm diameter)



PHG-1000X Home Gym

Key Features:

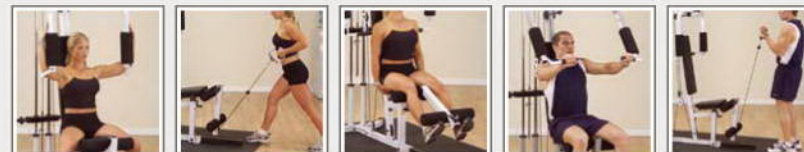
- User capacity: 1.
- Weight Stack(s): Freeweight Carriage.
(weights optional)
- Accessories: Lat Bar, Straight Bar, Utility
Strap, Workout Poster.
- Chest Press Station.
- Lat Pulldown/ High Pulley.
- Seated Row/ Low Pulley.
- Leg Extension/ Leg Curl.
- Pectoral Fly Station.
- Dimensions: 84"H x 61"L x 38"W.



Optional Attachment:



#SP-150 150Lb selectorized
weight stack.



PVKC-83X Vertical Knee Raise/Chin up/Dip**Key Features:**

- Thousands of users want to own it every year.
- Safe No-Slip step up entry.
- Comfortable oversized handgrips.
- Thick DuraFirm™ back and arm pads.
- Easy assembly, multi-functions with stable frame.
- 12" high, providing deepest pec-building push-ups.
- Lat pull-up/ chin-up station features easy step-up entry.
- Dimensions: 83"H x 37"L x 26"W.



Dip



Pull-ups



Push-ups

PFID-130X Flat/Incline/Decline Bench**Key Features:**

- Fits in Smith Machine and Power Rack.
- 8-position seat pad adjustments.
- 6-position back pad adjustments.
- Incline, shoulder press, sit - ups, ab crunch and more.
- Leg hold-down included.
- Dimensions: 20"H x 55"L x 25"W.

Optional Attachment:#PPCA-11X
(Preacher Curl attachment)#PLDA-11X
(Leg Developer Attachment)**# PVLP-156X Vertical Leg Press****Key Features:**

- Extra-wide foot plate with no-slip design.
- Nylon bushings for smooth, consistent motion.
- Three 1" dia. weight posts for even resistance distribution.
- Dual adjustable 1/2" steel locking pins.
- 3 different starting and stopping positions, 400lb capacity.
- Thick back and neck pads for comfort and support.
- Assembled Dimensions: 54" to 61"H x 46"L x 48"W.

**Optional Attachment:**#OAS-8 or #OAS-14
Olympic Adaptor Sleeves (8" or 14" long)
(adapts 1" diameter to 50mm diameter)

PLCE-165X Leg Extension & Curl Machine

Key Features:

- Dual functions for leg curl & leg extension.
- Trains quadriceps and hamstrings while protecting your joints from stress.
- Adjustable for all-size users.
- Weight post is 1" diameter.
- Olympic Adapter Sleeve, weight plates, and collar sold separately.
- Dimensions: 27"H x 62"L x 25"W



Optional Attachment:



#OAS-8 or #OAS-14
Olympic Adaptor Sleeves (8" or 14" long)
(adapts 1" diameter to 50mm diameter)

PSC-43X Seated Calf Raise

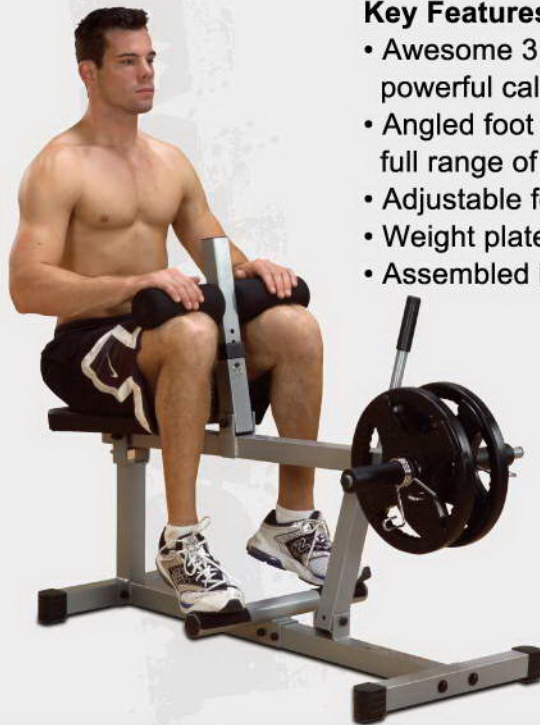
Key Features:

- Awesome 3:1 weight ratio for developing powerful calves.
- Angled foot platform with no-slip surface for full range of motion.
- Adjustable for all size users.
- Weight plates and collars are sold separately.
- Assembled Dimensions: 32"H x 45"L x 21"W.

Optional Attachment:



#OAS-8 or #OAS-14
Olympic Adaptor Sleeves
(8" or 14" long)
(adapts 1" diameter to 50mm diameter)



PHYP-200X 45° Back Hyperextension

Key Features:

- Relieves lower back pain.
- Fights compression fatigue.
- Increases flexibility.
- Improves circulation.
- Strengthens Back and Abdominal Muscles.
- Dimensions: 33"H x 42"L x 26"W.



PSM-144X Smith Machine

Key Features:

- Heavy-duty 12 gauge square pillars.
- 14 Lock-Out Points for the user's safety.
- High-tech Dual-Lock Safety Spotter Catch System.
- Patented Super-Glide nylon bushings for frictionless movement.
- Main cross bar simply locks in place with a quick turn of the wrists.
- 1" Diameter Bar. Pictured with Optional Olympic Adapter Sleeves #OAS14.
- Weight plates and collars optional.
- Assembled Dimensions: 80"H x 45"L x 76"W.



Optional Attachment:



#OAS-8 or #OAS-14
Olympic Adaptor Sleeves (8" or 14" long)
(adapts 1" diameter to 50mm diameter)



#PLA-144X



#PPA-13X

PPR-200X Power Rack

Key Features:

- Wide 'walk in' design.
- 18 adjustment levels.
- 24"-apart upright pillars for free motion.
- 41" wide knurled chinning bar.
- Heat tempered Lift-Offs and saber-style safety rods keep your workouts simple, safe and effective.
- Dimensions: 82"H x 44"L x 46"W.

Optional Attachment:



#PFID-130X
(3 in 1 bench)



#BC-2
Bar Holder



##PLA-200X
(Lat Pull-down attachment)



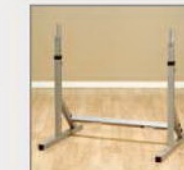
PSS-60X Squat Rack

Key Features:

- 2" x 2" mainframe design.
- Adjustable height: 30 inches to 60 inches.
- Suitable for Flat, Incline and Decline Bench Presses.
- Squats, Curls, Upright Rows, Shrugs, Calf Raises and much more!
- Barbell, weights and collars are sold separately.
- Dimensions: 30" to 60"H x 37"L x 46"W.



Squat



Weights sold separately



JOONG CHENN INDUSTRY CO., LTD.

www.steelflexfitness.com

POWERLINE WARRANTY
In-Home One Year Warranty on Everything

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